

Paper 2: Arousal & stress management

Arousal

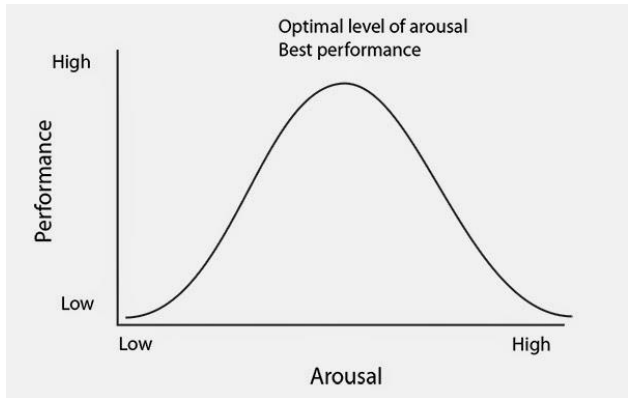
Arousal:

A physical and mental (physiological and psychological) state of alertness or readiness, varying from deep sleep to intense excitement or alertness

Optimum Arousal:

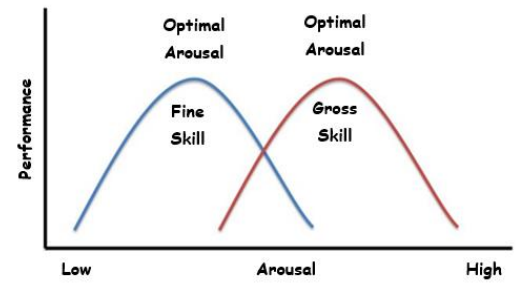
The point at which the best or optimal performance occurs

Inverted U theory:



The theory states that as arousal increases so does performance up to an optimal point, after this point if arousal continues to rise performance will drop due to becoming over anxious

Levels of arousal



The optimal arousal will depend on the type of skill being performed:

Fine movement skills such as a golf put require lower levels of arousal

Gross movement skills such as a rugby tackle need higher levels of arousal

An elite performer will need a higher level of arousal than a beginner

Technique	Explanation	Application
Mental rehearsal  	<p>A technique used by many elite performers. It involves mentally practicing a skill or movement before physically doing it</p> <ul style="list-style-type: none">During the warm-up you may prepare mentally and physically for the activityDuring an event the performer goes through a sequence or skill they are about to perform in their mind. It helps clarify the skill & improve confidence	<p>A bobsleigh driver will visualise the route down the track prior to the race. This will mentally prepare for each twist and turn on the way down</p> <p>A rugby player will go through the skill and sequence before taking a penalty kick. This can improve confidence</p>
Visualisation/imagery 	<p>This can be used in various ways:</p> <ul style="list-style-type: none">You can visualise yourself playing with a successful outcomeYou can visualise yourself in a stress-free environment to reduce anxiety so optimal performance can be achieved	<p>A footballer may visualise where the ball going to travel into the goal before a penalty kick</p> <p>An archer may visualise themselves in a stress-free environment to reduce anxiety before shooting</p>
Deep breathing 	<p>If over aroused breathing can become shallow, deep breathing techniques can help reduce arousal. They should concentrate on taking long deep breaths</p>	<p>Before a basketball player has a free throw they may focus on their breathing to reduce anxiety before taking the shot</p>
Positive self-talk 	<p>It is easy to think of negative thought during a match this can have a negative effect on performance. One way of preventing this is by saying encouraging things to yourself</p>	<p>A tennis player who is getting beat may prevent negative thoughts by saying encouraging things such as:</p> <ul style="list-style-type: none">"come on you can do this""I can beat them""Be patient, don't rush"